

Apple Cinnamon Oatmeal Recipe

Ingredients:

- 1 cup water
- 1/4 cup apple juice
- 1 apple, diced
- 2/3 cup rolled oats
- dash cinnamon
- 1 cup lowfat or skim milk



Directions:

Place the water, juice, and apples in a medium sized saucepan and bring to a boil. Stir in the rolled oats and cinnamon. Return to a boil, then reduce heat and simmer til thick. Serve hot with the milk. Serves 2

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